

ELLINGTON TOWN CRIER A SENIOR CENTER NEWSLETTER

OCTOBER 2009

Erin R. Graziani – Director
Jean Baseel – Assistant

Ellington Senior Center
16 Church Street – P.O. Box 187
Ellington, CT 06029

Receptionist – MaryAnne Mandell,

TELEPHONE NUMBER
870 – 3133

Transportation Program Secretaries:

Florence Brennan, Susan Shepard

TRANSPORTATION
870 – 3137

Van Drivers: Peggy Anderson, Mike Joslin
and Kathy Sherokow

**To Access The Town Crier News &
Calendar On The Town's Website:**

www.ellington-ct.gov

Click: "Our Town News"

Select: "Newsletter"

Select: "Senior Center"

Senior Center Hours:

Monday: 8:30 a.m. – 6:00 p.m.

Tues – Thurs: 8:30 a.m. – 4:00 p.m.

Friday: 8:30 a.m. – 1:30 p.m.

Autumn is in the air! Join us on October 4, 2009 at (2:30pm) for the 2009 Variety Revue Show at the Ellington High School.

The Ellington Senior Center is collecting crayons to benefit the American Cancer Society for children. This is being promoted by one of our volunteers, Mary Ann Green. If you have any "new" crayons that you would like to donate for this cause, please bring them to our receptionist, MaryAnn.

This month our Bienvenue Club will be going on a field trip to the French Canadian Genealogy Society located in Tolland. Dates and times are located in our calendar. You also will note, another new group will be meeting at the Ellington Senior Center once a month. The APDA Parkinson Support Group will be meeting on Friday, October 16, 2009 at (10am).

The Senior Center is hosting a pizzas party on October 19, 2009 in the main room of the Senior Center (2pm) as we welcome the Ellington Rescue Post 512. We will be planning our next Spaghetti Supper fundraiser for April 17, 2010. If you would like to volunteer with the students for this fundraiser, come and meet the students and join us for pizza.

November 7, 2009 is our annual Holiday Bazaar from 9am – 2pm. Come on down and see all the festive items that our Sew & So Craft group have been working on. (handmade quilts, holiday items, homemade fudge and bake goods). Make Great Holiday Gifts!

Volunteer Phones – we are looking for a couple people who are willing to volunteer their time answering phones in our front receptionist area. All interested people, please let me know.

Erin

ELDERLY OUTREACH SOCIAL WORKER – ANNA L. TURNER, MSW**31 Arbor Way, Ellington, CT. 06029: Phone: (860) 870-3131****TRIAD SENIOR SAFETY NEWS**

A monthly news tidbit....

An important recall notices from the U.S. Consumer Product Safety Commission:

Durabrand DVD Player Recall Due to Fire Hazard—a voluntary recall of the silver, pink or purple colored Durabrand DVD player sold at Wal-Mart has been issued. This is the single player remote control DVD player. For additional information on this recalled item please contact Wal-Mart at 1-800-925-6278 or go to their website at www.walmartstores.com.

ACCESS Energy Assistance Program -The Human Services office is now taking applications for the 2009-2010 heating season in September for clients who heat with deliverable fuels (oil, kerosene, and propane). Applications for clients that heat with electricity or Yankee gas will be taken in November. Eligibility is based on current monthly income and current assets (homeowners can have up to \$10,000.00 in assets/renters can have up to \$7,000.00 in assets). To find out the income limits or to set up an appointment to file an application please call Anna Turner at 870-3131.

“Normal Memory Loss or Early Dementia?” - Friday Oct. 9th at 10am at the Senior Center. Presenters from Central CT State University/Department of Psychology will give a presentation on aging/memory loss/dementia. Please call 870-3131 to RSVP for this program by Oct. 6th. Refreshments will be served.

Annual Senior Citizens Flu Shot (Influenza) Clinic - Tuesday Nov. 3rd at the Ellington Middle School from 9am to 11:30am. **(This is not a shot for the H1N1flu)** You will need to bring your Medicare card or your insurance card from Anthem, Connecticare, Aetna or HealthNet, or \$35.00 cash. **You must have an appointment to get a flu shot—call 870-3133 to schedule your appt.,** or to book a van ride.

October 16th at 10:00 a.m. the Ellington Senior Center will have an American Parkinson Disease Association Support Group meeting. Persons with Parkinson’s disease and caregivers are invited to attend. Please RSVP your attendance by calling 870-3133 by October 13, 2009. Refreshments will be served.

Ellington Senior Center
Transportation Department

Peggy Anderson and Mike Joslin of our Transportation Department are scheduling trips to Spare Time Bowling Lanes in (Vernon, CT) the third Thursday of the month from (12:30p.m – 4:00p.m). **October's date is Thursday 10/15/09.** The cost is \$2.25 per game (includes shoes). Transportation is available. A lot of fun! Sign-up is required. Call (860) 870-3137.

The Transportation Department has scheduled a trip to the Connecticut Science Museum in Hartford on **Wednesday, October 21, 2009.** Sign up is required. Contact our Transportation Department if you would like to go! (860) 870-3137.

For the month of November, Peggy and Mike are thinking about offering a trip to the Enfield Mall. Perfect timing with the upcoming holiday season arriving. If you are interested, let Peggy, Mike, or our Transportation Secretaries know if you want to sign up. Call (860) 870-3137.

In the months of either November or December our Transportation Department is also looking at taking a trip to view the Governor's Mansion. Should be beautifully decorated for the holidays! Contact our Transportation Department and let them know if this is something you would be interested in doing! Call (860) 870-3137.

Please note: In our Town Crier "calendar" times listed for specified events represent the time people need to be at the senior center for a program and/or van transportation. Thank You!

Contact us if you have an interest in going somewhere else in the area. We're listening!



ELLINGTON MEDICAL TRANSPORTATION SERVICES (EMATS)

(EMAT's) is a transportation services for non-emergency medical appointments for Ellington residents. The program is funded in part by the Older Americans Act through the North Central Area Agency on Aging. **Please note:** EMATS are offered Monday – Friday between the hours of 9:00 a.m. – 1:30 p.m. (the last appointment time of the day). **All EMAT appointments have to have 14 days prior notice into our Transportation Department.** Please check the calendar for holiday closings. \$2.00 donation fee suggested per each trip.

VAN TRANSPORTATION

Regular van service includes rides to the Senior Center, shopping, "Out to Lunch" program and occasional evening events. Please request your transportation packet by calling the Transportation Line at 870 – 3137 between the hours of 9:00 a.m. – 1:00 p.m. 1 week notice is required. ***ALL RIDERS PLEASE BE READY 15 MINUTES PRIOR TO YOUR PICK UP TIME.***

ELLINGTON SENIOR CENTER NEWS

The following poem written by *Ina Bellafleur* is a poem one of our seniors, Jim Stoughton, admires. If you enjoy this poem, you might like to come to one of our Memory and Creative Writing Group meetings held the third Thursday of the month at 1:00 p.m.

WHEN I AM OLD

By Ina Bellafleur

Let there be flowers growing round my door.
Let there be a window where I can watch the birds.

WHEN I AM OLD

Let there be one huge old tree to give me shade
And where I can watch the seasons change.

WHEN I AM OLD

Let there be a sunny slope for a tiny garden
And most of all, let there be a small black dog to walk
With me, a companion to share my days
When I am old.....

AARP DRIVER EDUCATION COURSE – An AARP Driver Safety Program will be held this coming October 6 & 7, 2009 from (10:00 a.m. – 12:00 p.m.). The program will be held at the Ellington Hall Memorial Library. Cost is \$12.00 for AARP members and \$14.00 for non-members. A sign-up sheet is available at the Senior Center. Please call 870-3133.

BALLROOM & POLKA SOCIAL – Will resume Fridays on 10/23/09 at 1:00 pm (Ballroom); and 2:30 pm (Polka)

BIENVENUE CLUB: A group of people of French Canadian descents who have an interest in gathering with other French speaking folks for some socializing and fun. *Everyone is welcome even if you do not “Parlez-vous francais”!* The next meeting will be held on Tuesday, October 13, 2009 (1:30 p.m.). The Bienvenue Club will be taking a van trip to Tolland and spend approximately 3 hours at the French-Canadian Genealogical Society of CT. where a presenter will discuss several methods of publishing your genealogy and how to prepare it. The seminar will be open to discussion of ideas. The Genealogical Society of CT is located at 53 Tolland Green, Tolland, CT. Sign up required by 10/6/09. Call the Senior Center at 870-3133.

BETTER AGE CLUB – The Better Age Club meeting to be held on October 8, 2009, will host Dan Onofrio who will be speaking to us on the Civil War and show many items from his personal collection. His subject is called “Curios and Curiosity.” Dan will offer a free appraisal on any item or collectible you might have from the Civil War or World War 1. If you are interested in selling any of your items, Dan might be interested in purchasing for his personal collection. We hope you will be able to attend this interesting meeting/program.
October 22, 2009 Fidelco Dogs - Learn About the Dogs and Their Training

BOCCE BALL: Bocce Ball will continue to be played in the month of October, weather permitting. Contact the Senior Center at 870-3133 for updates.

CARDS AND GAMES:

Bridge:	Tuesdays @ 9:00 a.m.; see Pat Szemplinski or Rosemary Malatesta
Bocce Ball:	Tuesdays @ 10:30 a.m. (weather permitting). At Snipsic Village
Canasta – “King’s Row”:	Join Barbara Donohue and friends Thursday’s at 1:00 p.m.
Dominos:	First Tuesday of the month at 1:00 p.m.; Come join the fun!
Evening Cards: (Setback):	Tuesdays and Saturdays at 7:00 p.m.
MahJongg:	Every Monday at 1:00 p.m, and every Friday at 10:00 a.m.
Pinochle:	Every Friday at 6:00 p.m.; see Bob Karlowicz (or alternate coordinators, Carl Larson and Marion Hoffman)

HEALTH & WELLNESS NEWS:

Blood Pressure Clinics & Diabetic Screenings – Blood Pressure clinic and Diabetic screenings are held the 2nd and 4th Tuesday of the month from 1:30 p.m. – 3:00 p.m.: Our nurses are committed to being helpful and listening to you and your concerns. There is no charge for these services. Van service is available.

Exercise Class – Exercise class is held every Monday from 9:00 a.m. – 10:00 a.m. Classes are \$3.00 for residents, \$4.00 for non-residents. Instructor Alcyone Brennan welcomes all to her class. Van service is available.

Podiatry Clinic – Held at the Senior Center the first Wednesday of every month at 9:00 a.m. *Cost is \$28.00. Podiatry nurse Rita Vigneau will be at the Senior Center on Wednesday, October 7, 2009.

* **Call Rita directly to schedule your appointment.** She can be reached at (742-1102). The Senior Center does not schedule these appointments. Van service is available.

Tai Chi Classes – Instructor Ed Evans welcomes newcomers to classes held every Monday morning at the Senior Center from 10:30 a.m. – 11:30 a.m. (beginner’s class); and 11:30 a.m. – 12:30 p.m. (advanced class). Cost is \$3.00 for residents and \$4.00 for non-residents. Van service is available.

ELLINGTON SINGERS – *A note from Maureen Webber:* This year the Ellington Singers are scheduled to perform as one of the acts in the “2009 Variety Revue Show” to be held on Sunday, October 4, 2009 (2:30 p.m.) at the Ellington High School. We hear them practicing in the main room of the Senior Center and we love to hear their voices. The Ellington Singers meet Wednesdays at 10:00 a.m. in the main room. Dues are \$30.00 per year to join. If you have a love for singing, please come join us.

EMT PIZZA PARTY – Monday October 19, 2009 (2:00 p.m.) in the main room of the Senior Center. All volunteers are welcome to help with this event! This is a good opportunity to meet and discuss the topic of the Wednesday, April 17, 2010 Spaghetti Supper. This is a fundraiser for the Ellington Senior Center. The Senior Center is working in conjunction with Rescue Post 512 of the Town of Ellington Emergency Medical Response Team.

LINE DANCING - Under the direction of Amelia and Adam Kurpat, learn the fun “ins and outs” of line dancing. Line Dancing meets Mondays at 1:30 p.m. in the main room of the Senior Center.

Note: Line dancing in the month of October will be Monday, October 26, 2009 (1:30 pm) only

MEMORIES AND CREATIVE WRITING – *A note from Chairperson Patricia Stoughton.* The October meeting date for Memories and Creative Writing is Thursday, October 15, 2009 (1:00 p.m.). All interested parties, please join us!

MUSICAL INSIGHTS - Musical Insights is held the 2nd and 4th Monday evenings of the month at (6:00 p.m.) in the main room of the Ellington Senior Center. The October meeting schedule is as follows:

October 12, 2009 Senior Center Closed in Observation of Columbus Day

October 26, 2009 Broadway Musical Theatre. Presentation: Camelot, Gypsy, and Hello Dolly (Years 1959 - 1963). Light refreshments will be served. You will enjoy!

OUT TO LUNCH: “Out To Lunch” is held the second Tuesday of the month at 1:00 p.m. Come join us for a great time enjoying the local restaurants in the area. Sign up is required.

November – Cracker Barrel Restaurant, E. Windsor – 11/10/09

December – Olive Garden, Enfield, CT – 12/8/09

PROGRAMS:

Anxiety – Signs and Symptoms: Thursday, October 1, 2009. “Lunch & Learn” (1:00 p.m.) Main room of the Senior Center. Presented by Karen Chekas, MS, LPC: Community Educator, Mental Health Association of CT, Inc.

Memory Loss Program: Friday, October 9, 2009. (10:00 a.m.) Main room of the Senior Center. Presented by Dr. Marianne Fallon, Ph.D.; Assistant Professor of Psychology Central Connecticut State University and Dr. Carrie Andreoletti, Ph.D.; Assistant Professor Department of Psychology, Central Connecticut State University.

Fall Prevention Program: Thursday, October 15, 2009 (2:00 p.m.). Main room of the Senior Center. Presented by Linda Bissell

Parkinson Support Group: Friday, October 16, 2009 (10:00 a.m.) Main room of the Senior Center

SEW & SO/CRAFTS: Meets every Thursday morning at 9:30 a.m. in the main room of the Senior Center. Our Sew and So crafters continued to come together creating beautiful crafts that will be available for The Ellington Senior Center’s Holiday Bazaar to be held on Saturday, November 7, 2009. Van service is available.

SHUFFLEBOARD – Every Wednesday at 2:00 p.m. Shuffleboard is played in the main room of the Senior Center. Van service is available.

TRIPS:

Our trip coordinators, Dot Enes and Carolyn Cook have planned the following trips for the Ellington Senior Center!

Monday, November 30, 2009: For all of you who like to cruise or have maybe thought about taking a cruise, the Ellington Senior Center along with Cunard Cruise Lines presents a southern Caribbean cruise aboard the “Queen Mary 2.” This is an 11 day/10 night adventure. The cruise will depart out of New York, NY. Some of the ports visited along the way, along with the beautiful Atlantic Ocean, are St Maarten, Barbados, St. George’s Grenada, St. Lucia and St. Thomas. We require a deposit of \$600.00 per person double occupancy, and \$1,150.00 for a single occupancy is required to secure these reservations and assign cabin numbers. For reservations or more information, please contact the Ellington Senior Center at 870-3133.

SAVE THIS DATE..... The Ellington Senior Center proudly presents the return of our annual *Tropicana Atlantic City’s Showtime Special Tour!!!* This popular trip is scheduled for January 19 – 21st, 2010. This trip includes \$20.00 cash bonus, two meals (breakfast & dinner) and \$20 towards a casino show. Bus will depart from the Ellington Town Hall parking lot at 7:00 a.m. January 19th and return at 7:00 p.m. on January 21st. Cost for this trip is \$175.00 pp Double, \$171.00 pp Triple, and \$245.00 pp Single Occupancy.

VARIETY SHOW REVUE: *A note from Show Director Amelia Kurpat* - The Variety Revue show date is Sunday, October 4, 2009 at the Ellington High School (2:30 p.m.). Cost of the event is \$8.00 (adults): \$5.00 (student's age 6 – 18). Age 5 and under are free!

Dress rehearsal is scheduled for Friday, October 2, 2009 at (5:00 p.m.) Sharp!

The Ellington Senior Center would like to acknowledge and thank Show Director Amelia Kurpat and all her volunteers for all the hard work they have done towards the production of the 2009 Variety Revue Show. Our Senior Center continues to be a success because of individuals like her. Thank you!!!!

VETERAN CONTACTS:

VFW – Jim Stemmerman – Commander at 872-3446 or Morris Webber – Services Officer at 875-2613

AMERICAN LEGION – Al Lewandosky – Post Commander; Leonard Johnson – Services Officer at 871-1498

VETERAN'S AFFAIRS – State Representative – Ted C. Graziani at 240-8531

VOLUNTEER'S MEETING: Thursday, October 22, 2009 (3:00 p.m.)



HAPPY HALLOWEEN!!